

FOR
THE
KIDS



CHILD DEVELOPMENT CENTER INFO

The Child Development Center offers child development services for active duty military and DOD civilians with children aged six weeks to five years for full-time, part-time or hourly care.

The program hosts a developmental program for infants, pre-toddlers, toddlers and pre-schoolers. The Department of Defense ensures consistent quality by providing a standard of operation, fee scale and curriculum guidelines throughout the Navy. Special age appropriate programs and events are designed for the children.

For program information, questions or suggestions contact the Child Development Center Director, Ms Charlene Brown at x6520 or Comm. 01895-61-6520 or e-mail BrownC@cnauk.navy.mil.



RUISLIP DUCK POND

Tuesday, 6 March

The Pre-Toddlers will take a bus ride to feed the ducks at Ruislip duck pond and walk up to the local pet store. This trip will leave at 0945.

BLITZ – INDOOR GYM

Thursday, 8 March

The Toddlers will take a bus ride to this indoor gym to run, climb and jump to their hearts content. Packed lunch provided. We will leave at 0945, cost of \$4.30 per child.

SWALLOWS GYM

Thursday, 15 March

The Preschoolers will take a bus ride to this gymnastic hall where they will be introduced to basic shapes, jumping, rolling and balancing. Leaving at 0945, cost of \$3.00 per child

RUISLIP WOODS

Tuesday, 25 March

The Older Preschool children will take a bus ride to Ruislip woods where they will enjoy a fun walk through the trees. This trip will leave at 1000.

WALK TO ICKENHAM

Thursday, 29 March

The Infants will take a walk to Ickenham village to experience the sights and sounds. Trip will leave at 1045.



YOUTH ACTIVITIES

Youth Activities are recreation programs and events designed for children ages 5-12. The year-round program offers a School-Age Care Program, Sports and Fitness Program, and a variety of Recreational and Social Activities & Skills. For more information, questions or suggestions contact, x6589, (01895) 61-6589.

BEFORE AND AFTER SCHOOL PROGRAM

*West Ruislip Elementary School: 0615-0810 Before School
1500-1815 After School
Glebe Primary School: 0615-0830 Before School
1530-1815 After School*

FULL DAY PROGRAM

*On days WRES and Glebe Primary School are out.
MON-FRI 0615-1815*

FRIDAY NIGHT PRE-TEENS & TEENS

*Designed for ages 12-18, in Junior High and High School.
Fridays: 1830-2200 at RAF West Ruislip Youth Center.
Fun includes Nintendo 64, Sony Playstation, billiards, foosball and video/DVD movies. Pre-teens and teens are allowed to sign themselves in/out of the Youth/Teen Center.*

(Continued from page 24)

North Audley at 0730, and departs the BEQ at 0800. The van departs Alton Towers at 1700. The cost of this trip is £14.50 for authorized Liberty program patrons. This price includes admission cost. For non-Liberty program patrons the cost is £14.50 plus MWR transportation cost.

HORSE RIDING AND ROCK CLIMBING IN WALES SATURDAY, 14-16 APRIL

Are you looking for something fun and exciting to do over the Easter holidays? Well! I have just what you are looking for. Spend two days horseback riding and rock climbing in the heart of Brecons National Park. Experience the Welsh countryside from horseback; enjoy riding along 26 miles of private tracks through farmland conservation areas, or on open hills. After you have mastered the art of riding English style, you can test your skills at rock and rope climbing in the indoor climbing & activity center. Try rock climbing in a safe, and dry environment. Various climbs, artificial and natural rock routes, the **Log Climb, Bouldering, Abseiling, Cargo Nets, Rope Bridge** and the **Zip Wire!** You don't have to be an experienced rider or climber to enjoy this trip, the riding and climbing centers has friendly, experienced staff that caters to all level and abilities. Accommodations are in a 13th century farmhouse located on site. Meals are self-catering; you must bring your own food. Facilities include toilets, washbasin and electric showers. The kitchen has electric two ovens, a large grill microwave, refrigerator and two oak dining tables. The van departs RAF West Ruislip at 0700, 7 North Audley at 0730 and departs the BEQ at 0800 17 April and return at 1800 19 April. The cost of this trip for authorized Liberty program patrons is £40. The cost for non-Liberty program patrons is £84. Non-liberty program patrons may deduct £22 from the price of the trip if they do not wish to attend a climbing course. If you have any questions please feel free to contact Kenneth Watson the Liberty program coordinator at x 6754.

"BOBCAT" TEEN CENTER

Teen programs are designed for ages 12-18, in Junior High and High School.

*For Program information, questions or suggestions contact
Justine Campbell x5628 (01494) 79-5628 or e-mail
CampbellJ@cnauk.navy.mil*

TELEVISION STUDIO TRIP

Wednesday, 14 March

The Teen Center and LCHS are going to be participating in the Kilroy Show. It's a British talk show that talks about all different things this time the focus is on TEENS. There will be an open forum for us teens to discuss anything we want. Watch out for when we will be live on TV!!!.

BIG BASKETBALL BLOW-OUT

Thursday, 15 March

(Continued from page 24)

FLY FISHING IN OXFORD

SATURDAY, 31 MARCH

Let's go out and about and catch a trout? Letchlade is one of the largest trout fisheries in the south of England, and boasts well stocked lakes (trout up to 15 lbs). Pay your own fishing fees on site. All instruction and equipment provided. Bus departs outside CDC at 0700 and returns at 2000. Remember a NRA (National River Authority non-migratory trout) license is required by law for all fishing in the UK. You can purchase a one-day, eight-day or 12-month license, (12-month license starts 1 April of each year) ask at your local post office.

STOPPRESS

ROYALASCOTLADIES DAY

THURSDAY, 21 JUNE

TICKETS AVAILABLE

This race day will take place in front of Her Majesty The Queen and other members of the Royal Family. It is the BIG day of the Royal Meeting, and you could be there! Take a picnic and your own bottle of refreshments to make a real Ascot day of it! Dress code is suit and tie for gentlemen and high fashion for ladies. Cost is £50.00 per person. This includes transport, access to the grandstand, paddock and tattersalls

We are having a Big Basketball Blow-Out at the school gym. There will be six teams from the local area all competing for the Big Prize. It should be full of fun, excitement and lots of laughs. Come down and cheer for your team. Fun starts at 1900 until we finish.

TEEN PARTY

Saturday, 17 March

Party, Party at the club this Saturday. We would love to have a all you guys come down and have some fun. Refreshments available. Fun starts at 1900 - 2000 at the Pine Trees Club, RAF Daws Hill.



enclosure. Bus departs CDC, at 1000 and returns at 1800.

GEAR ISSUE

To complement the "Outs & Abouts" program, we also offer an outdoor recreation equipment rental program. A variety of items may be rented on a daily or weekly basis, and can be found at the Fitness Center, Bldg 180, located at West Ruislip.

MOUNTAIN BIKES FOR HIRE

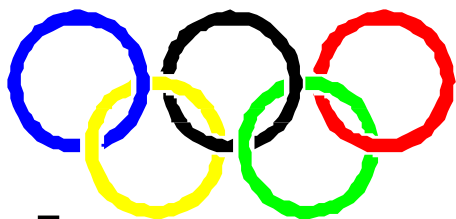
STOPPRESS...

New mountain bikes with full and half suspensions are now available at the West Ruislip and Daws Hill Fitness Centers. West Ruislip x6609 or (01895)-61-6609 Daws Hill x5625/5610 or (01494)-79-5626/5610

The mountain bike rental program is available to I.D. cardholders only.

MOUNTAIN BIKE ROUTES

If you want to go cycling in the local area and don't know the best spots... look no further than the ITT offices. There you will find maps and information on places to ride in the Ruislip area, within cycling distance from the base and tube station, for those wanting to get out of town. Also listed are watering holes and food stops.



FITNESS AND FUN

ON-GOING FITNESS PROGRAMS

WEST RUISLIP

For more information on any of the following events, contact Sara at x6609 (01895-61-6609).

March 2001

	Monday	Tuesday	Wednesday	Thursday	Friday
0700-0750	PRT READY		PRT READY		PRT READY
1400-1630	New			Command Circuit Training w. Sara	
1700-1800	Cardio-Condition	Circuit Training w. Sara	Body Tone w. Ria	Step	
1815-1915	Aerobiking w/Dr. Hall				

ALL NEW

BLenheim CREScent

	Monday	Tuesday	Wednesday	Thursday	Friday
1200 - 1300	Manic Mondays W /Albert, Sara or Zena	Trail Training W / Sara or Zena <i>Meets at front gate of Medical Parking Lot. Don't forget your water bottle</i>	AEROBOXING W / Maria Racquetball court Swim Training W/ Sara <i>Meets at front gate of Medical</i>	Trail Training W / Sara or Zena <i>Meets at front gate of Medical Parking Lot. don't forget your water bottle</i>	Fit Fridays W/Albert, Zena or Sara Swim Training W/ Sara <i>Meets at front gate of Medical</i>

FITNESS & FUN PROGRAMS

* SIGN-UP FOR ANY FITNESS CENTER ACTIVITIES WITH:

Sara at West Ruislip Fitness Center x6609, (01895) 61-6609, or

David at North Audley Fitness Center x4541, (020-7514) 4541

Susan is the MWR Fitness Coordinator x5625 or x6746.

* **COMMANDER'S CUP SIGN-UPS CALL**
Clarence Hicks, x4371, (0207) 514-4371.

Please contact the Director of Fitness & Sports Division, Lani Nevil at x6746 or x4374 with any questions or concerns.

IMMEDIATE OPENING

for a

RECREATION ASSISTANT

at the North Audley MWR Fitness Center. If you or someone you know is interested in working in the fitness environment, please pick up an application today. Applications are available from the NA Fitness Center, or the MWR admin office at West Ruislip.

FITNESS AND FUN

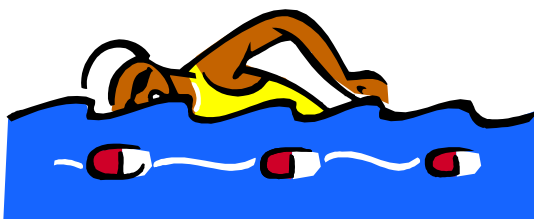
ON-GOING FITNESS PROGRAMS

LONDON

For more information on any of the following events, contact David at x4541 (020-7514-4541).

March 2001

	Monday	Tuesday	Wednesday	Thursday	Friday
1030 - 1130 Registration required		Learn To Lift W/ Staff		Learn To Lift W/ Staff	
1100-1200	Aerobiking w/Chris or Leda		Aerobiking w/Chris or Leda		Aerobiking w/Chris or Leda
1130-1230		Trail Training W / David <i>Meet at Hyde Park fun run location</i>		Trail Training W / David <i>Meet at Hyde Park fun run location</i>	
1100-1200 Registration required	PRT READY	PRT READY	PRT READY	PRT READY	PRT READY
1300 - 1400 Registration required	Learn To Lift W/ Staff		Learn To Lift W/ Staff		Learn To Lift W/ Staff



FREE SWIMMING PASSES

SWIMMING PASSES ARE AVAILABLE AT ALL THREE MWR FITNESS CENTERS.

THERE ARE FREE PASSES AT EACH FITNESS CENTER FOR ELIGIBLE USERS TO SIGN OUT WHEN NEEDED.

NORTH AUDLEY, LONDON PATRONS CAN USE THE SEYMOUR LEISURE CENTER, DAW'S HILL PATRONS, THE HIGH WYCOMBE SPORTS CENTER AND WEST RUISLIP PATRONS CAN USE HIGH GROVE POOL AT EASTCOTE.

ACTIVE DUTY HAVE PRIORITY FROM 1100-1300 MONDAY - FRIDAY

FOR MORE INFORMATION, ASK AT YOUR NEAREST MWR FITNESS CENTER.



West Ruislip

"March"

5 R "St. Patrick's Day Fun Run"
Tuesday, 20 March

North Audley

"March"

5 R "St. Patrick's Day Fun Run"
Friday, 23 February